



Habit Tracker

Can you make this Habit tracker project for me. I've listed out the specs and what I expect in terms of functionality and aesthetics.

Tech Stack : Python + Tkinter + SQLite (personal usage)

Description: This is a habit tracker designed like a video game exp system. This takes inspiration from an anime called solo levelling where you level different attributes. This is a self development tool and aims to create an addicting game/tracker where user can see their progress and want to go to the next level.

How it works : there are 14 categories in total, 7 of them are good positive traits you are trying to level up and the other 7 of them are the 7 deadly sins (pride, envy, lust etc) which if one partakes can decrease attributes.

The 7 positive traits

1. Spiritual : Meditating, reading, spending time in nature, practicing gratitude, engaging in acts of service, journaling etc
2. Physical : Working out, sports, walking, cardio etc
3. Mindful (focus) : Uninterrupted work, no tiktok or distractions.
4. Social : Spending time with family, friends, loved ones, making new connections
5. Integrity : Doing the things you said you would the night before or whenever.

6. Intellect : Watching new informative podcasts, learning new things, enchaining knowledge in one field like comp sci or biology etc. (going out of your way to learn something new)
7. Character : Helping people out, being a nice person and doing things out of kindness

Workflow : The user first takes a quiz to assess baselines for every level, so some people might have higher physical rather than something like intellect. After baseline quiz is finished, the user sees all of the stats for each attribute and also the users level. The date of today will be shown on top of the panel where you can click left and right to go to previous day and next day. There are two buttons called "Atone" and "Sin". When user clicks on atone they will choose from a list of the 7 positive traits (physical, mindful etc). After clicking on an attribute the user will select from another list based on that attribute. For example user selects atone → choose an attribute, lets say physical → choose a list from physical attribute the user accomplished today, lets say playing a sport → message box saying "Atoned" and then reflects in exp system. The same thing applies to sinning but it negatively affects exp.

There should be a list of sinned and atoned for that day displayed to the user so they can see what they did for that day.

Exp System : The 7 positive attributes are scaled from 0 - 99 kind of like a fifa card, however its very hard to have a 0 in the start so maybe there is some floor like 35. The ranking system is like overwatch and rocket league, so starting from gold → platinum (the ranks can be different named, maybe something related to self improvement)

Edge cases :

1. If a person does sin or atone and can't see the option they want, let them choose "other" and let them type what they did. For eg : atone → Envy → other → compared myself to people on linked in

2. You can't add any sins or atones to previous or next days, only current
 3. Quiz is only taken at the begging and the attributes are stored
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Habit tracker bug fixes

Just fix that part of the code no need to write the entire files.

1. The buttons are weird looking they have some cracks in it
 2. For the journal element I want the cursor to show on the journal so the user knows where they are typing
 3. The save buttons across look weird I can't see the text properly because they are white, change the colour to match the aesthetics and so that the user can see it properly
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Adding new features

1. Daily Double - Chooses a random sin and atone, if user does one of them 2x that exp or -2x that exp . The journal section is too big make it smaller and add the daily double under it.
 2. Red and green progress bar on stats bar. So whatever you stat was at first after baseline so if it was 67 on mental and then it changed to 78, from 67 - 78 change that color on the bar to refelct the change. Same goes with the decrease (idk about which color to use because themes are different)
 3. **Contracts:** opt into a 7-day pact (e.g., "No TikTok after 9PM"). Breaking it applies a big XP penalty once—high stakes, high reward.
 4. Journal prompts
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Fix + small additions

1. Have an FAQ button that explains the 7 positive characteristics + the 7 deadly sins
2. Have a random contract adder so every day there is a new contract and some contracts expire after x number of days or hours, so it's time sensitive. There can be longer contracts or even shorter term contracts. Something like for a whole week no social media usage, or walk up at 7 am for 3 days in a row, or for 1 hour journal + meditate.

14th August

Logic changes

1. ~~My contracts tab — Shows your active contracts. If user wants to make a contract they can only make one personal contract and it can last from 1 day to 7 days (users choice). 3 Contracts are a maximum, you can't add more~~
 2. ~~Available contracts (randomly generated contracts)~~
 - ~~Have a random contract adder so every day there is a new contract and some contracts expire after x number of days or x hours, so it's time sensitive. There can be longer contracts or even shorter term contracts. Something like for a whole week no social media usage, or walk up at 7 am for 3 days in a row, or right now for 1 hour journal + meditate.~~
 - ~~make the ui for the contracts more appealing~~
 3. ~~Make contracts button stand out a little bit more~~
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1. ~~Mute sound toggle button — disables all sound effects and bg music~~
 2. ~~for the day viewer only be able to see the day you started from and then the future days. Meaning If I started the baseline quiz on 13th august I shouldn't be able to see any of the previous days or the next day. But when it's the next day 14th august, you can see the previous day and today. So if its now the 17th august, you can see 13,14,15,16,17 that's it.~~

3. Add more sin + atone options — Claude ai provided 10 more for each.

~~Change the levelling and baseline system — for longevity and more fun~~

~~Levelling System~~

1. **Diminishing returns:** repeating the *same* atone too many times in a day yields less XP; encourages variety.
2. **Contracts tie-in:** While a contract is active, XP in its linked trait gains +25%; breaking it applies a temporary XP *debuff* instead of (or in addition to) flat penalties.
3. **Streaks & multipliers:** daily streak → +XP multiplier (caps after N days). Missed day halves multiplier instead of zeroing it.

~~Baseline~~

1. **Two baselines, two speeds:**
 - **Form baseline (fast):** 14-day EMA (exponential moving average).
 - **Core baseline (slow):** 60–90-day EMA. UI shows both ("current form" vs "true base").
2. **Trait-specific floors & soft caps:** Low traits rise faster (higher learning rate); high traits face soft caps that relax only with milestones.

~~Logging system — Where you log nonnegotiable's for the next day something like Drink 3 L of water, work out, Finish x task. The user can select as many tasks they wish to complete for the following day and then a reward or a penalty is given. so If the user writes 5 tasks and completes all of them they will get some prize / bonus. however if the user writes 5 tasks and only completes 2/5 then there's a penalty of some kind. However the more tasks the user writes the more exp it gains or losses so 5 tasks gains more exp than 2 tasks~~

~~Feats~~

1. Have a Today button when click on moves you to today's (current date) entry

- ~~2. Random challenge button — Where you click the button and it gives you a challenge that you have to do right now if you click accept, it gives you the challenge and the duration is counting down. For example 30 mins do 45 pushups or go for a 1 hour walk. If completed get rewarded, otherwise get punished.~~

~~Check Contracts + Daily logger to see if it works~~

- ~~1. Calender view icon. when you click on the the calender icon, it open up a small month view where the user can click on a day and go to that entry. Only available entries.~~
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We are going to implement a shop feature

Currency & Earning

- **Coins** (soft): the main currency.
 - Earn: small drip from XP (e.g., **1 coin per 50 XP**), contract completions (+30), perfect Logger day (+15), streak milestones (+20 at 7/14/28).
 - Cap: max **150/day** to prevent grind exploits.
- **Shards** (rare): for premium cosmetics or rerolls.
 - Earn: level-ups (+1), weekly streak chest (+2), high-tier contracts (+1).
 - Cap: **5/week**.

(You can start with *Coins only* and add Shards later.)

1) Boosts (buff Atones)

Duration: today unless noted. Stacks multiplicatively, cap total daily boost at +75%.

Item	Effect	Cost	Notes
Physical Booster	+25% XP from <i>Physical</i> Atones	40 Coins	Trait-specific; variants for each trait
Omni Booster	+10% XP from all Atones	60 Coins	Small, global bump
Contract Focus	+25% XP on Atones in the trait linked to any <i>active</i> contract	1 Shard	Synergizes with contracts
Streak Spark	+0.10 to today's streak multiplier (respect daily cap)	50 Coins	Won't exceed cap
Daily Double Amplifier	Daily Double Atones give +0.5× more (2.0× → 2.5×)	2 Shards	Does not affect Sins
Logger Bonus	Completing <i>all</i> Logger tasks awards +25% extra XP	60 Coins	Encourages planning
Challenge Booster	Random Challenge success gives +50% reward XP	50 Coins	Applies to next challenge only

Balance tip: “Boosts” apply after base XP but before streak, and respect your overall +75% daily cap.

2) Neglects (mitigate Sins)

*Duration: today. Reductions cap at **−50%** of normal penalty.*

Item	Effect	Cost	Notes
Mindful Cushion	Sins mapped to <i>Mindful</i> lose 25% penalty today	45 Coins	Trait variants
Gentle Landing	Next 3 Sins are reduced by 1 XP each	50 Coins	Charges shown in UI
One-Time Pardon	Erase one Sin entry (≤ -2) once	1 Shard	Cannot erase Contract penalties
Wrath Ward	<i>Wrath</i> penalties halved for today (min −50% rule)	1 Shard	Category variant items
Slip Insurance	If you miss a day, streak halves (not resets)	2 Shards	Consumed when triggered

Balance tip: Don't allow Neglects to flip net negative into positive; they only soften the hit.

3) Contracts & Offers

Item	Effect	Cost	Notes
Contract Shield	Next broken contract penalty reduced by 50%	2 Shards	One-time
Grace Period	Extend one active contract by +1 day	2 Shards	1× per contract
Offer Beacon	Generate 1 new time-limited offer	60 Coins	Cooldown 24h

4) Logger (Tomorrow's non-negotiables)

Item	Effect	Cost	Notes
Task Doubler	One Logger task counts as two for bonus calc	40 Coins	Mark task at purchase
Planner's Edge	Logger full-complete bonus +50%	60 Coins	For tomorrow's set
Penalty Buffer	If <100% Logger completion, penalty reduced by 30%	45 Coins	Applies once

5) Random Challenge helpers

Item	Effect	Cost	Notes
Challenge Reroll	Reroll once without penalty	1 shard	Same category pool
Time Cushion	+5 minutes to current challenge timer	25 Coins	Once per challenge
Safe Decline	Decline a drawn challenge without spawning a new one	30 Coins	Fixes "decline → new challenge" pressure

6) Economy & Conversion

– currencies and rewards pacing

Coin Drip Booster (+20% coin earn today), Shard Spark (rare, weekly cap)

TDL For final Deployment - V1

- ☒ ~~Logic for boosts — Actually being able to use boosts and showing that it's in effect~~
 - ☒ ~~Logic for currency and shards. make sure that currency is being rewarded for contracts, completing logger, random challenges and levelling up (more coins) + every 5 levels → 1 shard, completing atones (less coins)~~
 - ☒ ~~Journal Streak Counter : Every 5 days completed min 100 chars per journal enter → 20 coins~~
 - ☒ ~~Aurora synth, sunset soda , blush noir theme — white text unreadable~~
 - ☐ Set the coins and shards to 0, 0 and then keep track / update when changes
 - ☐ Add Baseline Theme
 - ☐ Make UI better overall
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Later Features Deployment - V2

- ☐ NPC Logic - Shop Keeper
- ☐ Code modularity - Journal.py needs to be cut down
- ☐ Make sure all Shop tokens work properly, edge cases
- ☐ **Focus timer:** built-in Pomodoro; completing a session posts a Mindful atone.
- ☐ Soundtrack chooser - background music changes